

Return to Victor Hart.

To typed - I had trouble
with capitalization + you may
wish to change it.

~~Seattle~~

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GROUP 11

MR. NYLAND: I'M SORRY THAT THIS WILL BE THE LAST
MEETING BUT IT CANNOT BE HELPED. I CANNOT MAKE ANY
PROMISES WHEN I'LL BE BACK BECAUSE THERE ARE TOO MANY
FACTORS INVOLVED WHEN I GET BACK TO THE BARN. I'LL
TRY TO BE HERE AS SOON AS I CAN AND OF COURSE YOU
MUST KNOW ALSO WHY, WHY DO I THINK THAT WAY AND DO
YOU THINK THE SAME WAY? IS IT HELP, IS IT HELPFUL?
WHAT WE TALKED ABOUT LAST NIGHT OF COURSE WAS JUST
GENERALITIES. I'M SURE YOU KNOW OR YOU KNEW EVERY-
THING WE SAID, THAT I TALKED ABOUT. I THINK TONIGHT
WE, WE HAVE QUESTIONS, BECAUSE THAT WILL PROBABLY BE
THE BEST INDICATION FOR ME OF WHERE YOU ARE IN
ATTEMPTS FOR WORK, AND IF YOU HAVE AN UNDERSTANDING
OF WORK FOR YOURSELF OR IF IT IS NOT ENTIRELY CLEAR,

THAT THEN PERHAPS YOU COULD, YOU COULD HAVE IT
CLARIFIED, SO, WHO HAS, WHO HAS A QUESTION?

V.HART: MR. NYLAND, I WANTED TO BE REALLY CLEAR AS
TO WHETHER ME AS A PERSONALITY IS EVER IN ANYWAY
IMPARTIAL, AND IF NOT, IF..IF IT ONLY AND ALWAYS
BELONGS TO 'I'?

MR. NYLAND: HOW DO YOU VISUALIZE THE EVOLUTION
PROCESS TO BECOME A CONSCIOUS MAN? HOW DO YOU THINK
IT WOULD TAKE PLACE? AT THE PRESENT TIME WE HAVE A
PERSONALITY AND WE CALL IT SUBJECTIVE. IT MEANS OF
COURSE THAT EVERYTHING THAT WE ARE AS A PERSONALITY,
YOU MIGHT SAY, BELONGS TO EARTH OR BELONGS TO THE
CONDITIONS OF EARTH. IN THE FIRST PLACE THE PHYSICAL
BODY, IT'S OBVIOUS, FEELING IS OF COURSE SUBJECTIVE;
AND THE MIND AS IT FUNCTIONS NOW, IS SUBJECTIVE.
SO THE WAY WE FEEL, AND THE WAY WE EXPRESS FEELINGS
AND THE WAY WE TALK, AND THE WAY WE TALK ABOUT
CERTAIN CONCEPTS AND ALL THE FUNCTIONINGS OF THE MIND
AS THE MIND IS NOW, ALL BELONGS TO THE EARTH. WE
TALK EVERY~~ONCE~~ IN A WHILE ABOUT POSSIBILITIES AND
HOPE. AND THEN WE TRY TO DESCRIBE IN OUR SUBJECTIVE
WAY WHAT MIGHT BE MEANT BY OBJECTIVITY OR AN OBJECTIVE
WORLD OR A CONSCIOUSNESS WHICH WE CALL SELF-CONSCIOUS
OR A CONSCIENCE WHICH BELONGS TO IT. AND WHEN THE TWO,
CONSCIOUSNESS AND CONSCIENCE COULD WORK TOGETHER AND
REINFORCE EACH OTHER, THAT THEN THERE COULD BE A WILL

ON THE PART OF A MAN WHEN HE HAS THESE THREE, OR AT LEAST THE TWO, AND THE TWO COMBINING PRODUCING THEN A WILL FOR A MAN. WE SAY THAT A MAN COULD ON EARTH BECOME SELF-CONSCIOUS AND CONSCIENTIOUS AND THAT HE COULD BECOME HARMONIOUS AND THAT THE AIM IS THAT IN A HARMONIOUS STATE A MAN IS FREE FROM THE BONDAGE OF EARTH.

R- NOW THE PROCESS THAT MUST TAKE PLACE IS FIRST WHEN HE STARTS TO CONSIDER THE POSSIBILITY OF AN OBJECTIVE FACULTY AND HE WANTS TO CREATE IT, AND AS YOU KNOW THE CREATION OF THAT IS SIMPLY TO INDICATE THAT MAYBE SOMETHING COULD START FUNCTIONING WHICH IS NOT OF THIS WORLD BUT OF ANOTHER WORLD. - ONE SAYS, 'A WORLD MORE FREE OR AT LEAST AWAY FROM THE EARTH.' IF THAT ENTITY WHICH MAN WISHES TO CREATE COULD FUNCTION AND IF, BY THE GRACE OF THE LORD, IT COULD BE FILLED WITH LIFE FROM ABOVE, THEN WHEN IT STARTS TO FUNCTION AS A CONSCIOUS ENTITY AND IS OBSERVING, SOMETHING TAKES PLACE OF COURSE, IN THAT PARTICULAR PART OF THE BRAIN WHERE THE OBJECTIVE FACULTY IS SITUATED.

R- I DO NOT KNOW IF YOU HAVE A CLEAR PICTURE OF WHAT ACTUALLY MIGHT TAKE PLACE AND WHICH AFTERWARDS, WHEN ONE WORKS COULD REALLY BE VERIFIED. I THINK THERE IS NO DOUBT THAT THE LITTLE SECTIONS ABOVE THE TEMPLE, ABOVE THE EAR AND PART ^{no space} OF THE BRAIN OF THE HEAD IS THE PLACE WHERE AN OBJECTIVE FACULTY COULD START TO FUNCTION, WHERE IT COULD BE HOUSED AS IT WERE AND WHERE THE

EQUIPMENT OF THE BRAIN WHICH IS NOT USED NOW COULD BE USED FOR THE PURPOSE OF FUNCTIONING IN A ~~CONSCIOUS~~ MANNER.

~~P~~ NOW WITHOUT NOW DEFINING WHAT IS MEANT BY CONSCIOUSNESS I CAN ASSUME THAT IF ONE WORKS THERE IS A LITTLE SECTION THAT STARTS TO CHANGE THE CONDITION OF THAT PART OF THE BRAIN, IN THIS CASE STARTING TO FUNCTION, BUT BECAUSE OF ITS ACTIVITY THAT WHAT IS SURROUNDING THAT PARTICULAR SECTION OR RATHER THESE TWO SECTIONS BECAUSE THEY ARE ON BOTH SIDES OF THE BRAIN, THEY WILL AFFECT BECAUSE OF THEIR ACTIVITY WHATEVER IS SURROUNDING THEM. AND THAT THERE IS THEN THE POSSIBILITY OF THIS KIND OF FUNCTIONING, REPRESENTING A CERTAIN FORM OF ENERGY WHICH IS IN MOTION, STARTS TO INFLUENCE THE SURROUNDING COUNTRY AND GRADUALLY PERMEATES INTO THE ACTIVITIES OF THE BRAIN NOW WHICH IS UNCONSCIOUS.

~~P~~ THE INFLUENCE OF THAT KIND OF AN ~~OBJECTIVE~~ ~~FACULTY~~ MEANS SIMPLY THAT IT IS FUNCTIONING LIKE YEAST. IT STARTS FROM A CERTAIN POINT AND STARTS TO SPREAD AND GRADUALLY TAKES ON THE FORM OF LITTLE CHANNELS THROUGH WHICH ENERGY WILL FLOW VERY MUCH THE SAME AS ROOTS OF A TREE GRADUALLY START TO PENETRATE INTO THE SOIL AND THEN AFFECT THE CONDITION OF THE SOIL WHERE THE LITTLE ROOTS ARE. WHEN THIS TAKES PLACE, GRADUALLY THE UNCONSCIOUS PART OF THE BRAIN BECOMES MORE CONSCIOUS. IT IS A SLOW PROCESS BUT IT IS THE INFLUENCE OF A CONSCIOUS PART OR AT LEAST A CONSCIOUS PART WHICH IS

POTENTIAL AND HAS THE POSSIBILITY FOR FURTHER GROWTH,
THAT IT WILL AFFECT THE SURROUNDING AND MAKE THAT
SURROUNDING INTO A DIFFERENT KIND OF FUNCTIONING AND
WE USUALLY SAY THAT IT WILL CHANGE THE RATE OF VIBRA-
TION OF THE BRAIN AS IT IS NOW FUNCTIONING UNCONSCIOUSLY.

P ONE CAN UNDERSTAND THIS MORE OR LESS IF YOU SEE THAT
WHENEVER SOMETHING EXISTS OF A SUPERIOR NATURE OF MORE
VALUE THAN SOMETHING THAT IS SURROUNDING IT, THAT THEN
THERE IS AN INFLUENCE FROM THAT WHAT IS OF MORE VALUE
ON THAT WHAT IS OF LESS VALUE. AND THAT ATTEMPT IS
MADE USUALLY THAT BECAUSE OF SUCH INCREASED VALUE,
LETS SAY FOR A MOMENT, 'MORE PURE,' SOME OF THE PURITY
WILL START TO FLOW OVER INTO THAT WHAT IS STILL IMPURE.
THE PROCESS IS A VERY LONG ONE BUT ONE CAN QUITE EASILY
SEE THAT IT IS LOGICAL THAT WHEN SOMETHING STARTS TO
OPERATE IT WILL HAVE AN INFLUENCE, AND WHEN THE INFLUENCE
IS OF A HIGHER NATURE IT WILL CHANGE THE SURROUNDING
INTO A LEVEL OF A HIGHER KIND. HOW LONG IT WILL TAKE
DEPENDS ENTIRELY ON THE INTENSITY OF AN EFFORT ONE MAKES
AND ALSO, HOW MUCH THE REST OF THE BRAIN IS CLOSED.
BECAUSE IF YOU HAVE A TIGHT SOIL, THE ROOTS OF A TREE
HAVE A HARD TIME PENETRATING. BUT IF IT IS LOOSE, OR
IF IT IS CULTIVATED IT MAKES QUITE A DIFFERENCE.
THAT'S AS FAR AS THE BRAIN IS CONCERNED.

P THE EFFECT OF SOMETHING BEING PRESENT IN THE FORM OF AN
H WHEN IT STARTS TO FUNCTION OBJECTIVELY, AND YOU
MUST NOW REALIZE THAT WHATEVER TAKES PLACE WITH THIS

LITTLE 'I' AND HOW FAST IT WILL GROW UP AND WHEN IT WILL BECOME CAPABLE OF ACTUALLY HAVING AN INFLUENCE MAY TAKE MANY MANY YEARS. BUT AT LEAST THE PRINCIPLE IS THERE THAT WHEN THIS STARTS TO BECOME MORE FULL GROWN, AND AS WE SAY, MORE MATURE, THAT THEN THE INFLUENCE WILL NOT ONLY BE LIMITED TO THE BRAIN ITSELF. WHEN ONE WANTS TO DESCRIBE WHAT IS THE CONDITION OF THIS ENTITY WHICH WE CALL A LITTLE 'I', WHEN IT IS CREATED AS AN IMAGE AND IN AN IMAGE OF, I SAID I THINK LAST NIGHT, OF THE LORD, THAT IS IF IT IS OF A HIGHER NATURE, THEN OF COURSE IT WILL HAVE A CAPACITY AND A POSSIBILITY FOR ITSELF TO INFLUENCE ALL THE SO-CALLED UNCONSCIOUS PARTS. ^R AND DURING THE PROCESS OF INFLUENCING THE REST OF THE BRAIN THIS LITTLE 'I' STARTS TO AFFECT THE CONDITIONS OF THE BRAIN AS IT IS NOW AND ALSO WILL ACTIVATE CERTAIN GLANDS WHICH ARE IN THE BRAIN AND ARE NOW ATROPHIED, PARTICULARLY THE PINEAL GLAND. AS A RESULT OF THIS PINEAL GLAND BEING ~~affected~~ -- AFFECTED AND BECOMING ACTIVE, IT STARTS TO SECRETE A CERTAIN SUBSTANCE. THE SUBSTANCE IS DESTINED FOR THE CONTINUATION OF A KESDJANIAN BODY AND WILL FORM ULTIMATELY THE HANBLEDZIN OF THE KESDJAN.

PARALLEL TO THE PROCESS OF A CONSCIOUS DEVELOPMENT THERE WILL BE A DEVELOPMENT OF CONSCIENTIOUSNESS. IT WILL MEAN THAT THE AFFECT OF 'I' AT A CERTAIN TIME WHEN CONSCIOUSNESS FOR A MAN REQUIRES A GUIDE AND MORE INSIGHT INTO THAT WHAT IS RIGHT AND WRONG, PART OF THE

LITTLE ~~I~~ WILL SEPARATE FOR THAT PURPOSE AND WILL START TO AFFECT THE SOLAR PLEXUS OF A MAN.

IT IS THE SAME AS WHEN HE IS MORE EMOTIONALLY INCLINED THAT THEN THE EMPHASIS FOR HIM IS MUCH MORE ON THE PRESENCE OF SOMETHING, SOMETIMES ONE SAYS, 'AS IF THE ~~LO~~ RD IS PRESENT WITH ME.'

AND THEN IN THAT KIND OF A ~~P~~ RESENCE, ALSO, THE DIFFERENT PRINCIPLE ~~S~~ HAVE TO BE OBSERVED. THAT IS THE PRESENCE OF THAT WHAT IS HIGHER ALSO HAS TO FUNCTION IMPARTIALLY REGARDING MYSELF AND REGARDING, PARTICULARLY, REGARDING MY EMOTIONS. THAT IS A VERY DIFFICULT PROCESS, BUT AGAIN THE PRINCIPLE IS THE SAME AS IF IT IS THE FORMING OF A ~~C~~ CONSCIOUSNESS, IN THAT WAY CONSCIENCE WILL BE FORMED ALSO VERY GRADUAL AND PARALLEL AND DEPENDENT ON THE DEVELOPMENT OF ~~C~~ CONSCIOUSNESS.

~~W~~ WHAT TAKES PLACE IS REALLY THAT THE INFLUENCE ~~OF~~ THE LITTLE ~~I~~ HAVING DIVIDED ITSELF WILL NOW AFFECT THE CONDITION OF THE SOLAR PLEXUS AND IT WILL DO TWO THINGS. IT WILL ENABLE THE SOLAR PLEXUS OR RATHER ^{then} THREE THINGS; IT WILL ENABLE THE SOLAR PLEXUS TO START TO FUNCTION IN AN EMOTIONAL SENSE AND INCREASE THE RATE OF VIBRATION. THE SECOND IS THAT OVER THE TOTALITY OF THE BODY WHERE THERE ARE NOW NERVE NODES WHICH FUNCTION FEELINGLY, THEY WILL BE DRAWN BACK TO THE CENTRAL POINT WHICH IS SOLAR PLEXUS. AND THE THIRD RESULT IS THAT THE SOLAR PLEXUS WILL MOVE TOWARDS ONES HEART AND CREATE THERE A

REAL EMOTIONAL CENTER. AND WITH THIS EMOTIONAL CENTER, CONSTANTLY UNDER THE INFLUENCE OF HIGHER FORCES AND DIFFERENT KINDS OF ENERGY, WILL START TO FUNCTION IN SUCH A WAY THAT IT BECOMES THE CENTER FOR THE DISTRIBUTION OF ~~HAMBLEDZON~~.

~~P~~ ~~H~~ ~~A~~ ~~M~~ ~~B~~ ~~L~~ ~~E~~ ~~D ~~Z~~ ~~O~~ ~~I~~ ~~N~~ IS THE BLOOD OF THE ~~K~~ESDJANIAN BODY. WHEN NOW THERE IS A BEGINNING OF ~~C~~ONSCIOUSNESS AND A BEGINNING OF ~~C~~ONSCIENCE THE BODY ~~E~~ ~~K~~ESDJAN IS ALSO STARTING TO BE FORMED AND THE ~~H~~AMBLEDZON TAKES CARE OF THE DISTRIBUTION OF FOOD WHICH IS CONVERTED IN THE PROCESS OF ~~C~~ONSCIOUSNESS AND OF ~~C~~ONSCIENCE, INTO THAT WHAT IS NEEDED FOR THE FORMATION OF A COMPLETED ~~K~~ESDJANIAN ~~B~~ODY. AND IN THAT WAY IT WILL AFFECT THE REST OF THE PERSONALITY. AND IF THIS PROCESS COULD CONTINUE FOR QUITE SOME TIME, THE PERSONALITY WILL CHANGE AS A WHOLE AND BECOME AN ~~I~~NDIVIDUAL.~~

~~S~~ ~~O~~ ~~U~~ ~~E~~ ~~T~~ ~~Y~~ ~~U~~ ~~S SO YOU SEE THE PERSONALITY DISAPPEARS BUT IN ITS PLACE WOULD BE AN ~~I~~NDIVIDUAL WHICH IS ALSO A FORM AND ALSO CONTAINING ~~L~~IFE BUT THAT ~~L~~IFE AND THAT FORM WILL FUNCTION ON A HIGHER LEVEL OF BEING. YOU UNDERSTAND NOW? YES.~~

S.HART: MR. NYLAND, I WOULD LIKE TO TRY TO CLARIFY SOMETHING THAT HAS BEEN GOING ON IN MY MIND AND ~~YET~~ IT GETS IN MY ATTEMPTS BECAUSE THEN I DON'T REALLY KNOW HOW TO JUDGE IT, AND WHAT I'M CONFUSED IS THAT AS FAR AS I KNOW WHEN I MAKE AN ATTEMPT I'M TRYING TO MAKE A CONDITION FOR IMPARTIALITY AND THAT IS THAT I TRY TO

~~SECRET~~
BE OPEN AND TRY TO BE OPEN TO MY BODY PRESENT THERE,
OR SOMETHING PRESENT TO ME, BUT, BUT..

MR. NYLAND: SONIA, YOU'RE NOT CLEAR. WHAT IS ~~W~~ORK?
IT MEANS THAT THERE IS IN ME A DESIRE FOR GROWTH.
THE DIRECTION INTO WHICH I WANT TO GO HAS TO DO IN
THE FIRST PLACE WITH FREEDOM AND IN THE SECOND PLACE
WITH GETTING AWAY FROM THE BONDAGE OF EARTH. SINCE
I AM ON EARTH AND HUNDRED PERCENT SUBJECTIVE, IT'S
VERY DIFFICULT FOR ANY~~S~~ ANYTHING THAT IS HUNDRED
PERCENT SUBJECTIVE TO HAVE ANYTHING IN IT THAT IS
~~OBJECTIVE~~. EXCEPT THERE ~~ARE~~ A FEW INDICATIONS THAT
~~OBJECTIVITY~~ CAN BE EXPERIENCED BY A MAN EVEN IF HE IS
~~THE~~ SO-CALLED 'HUNDRED-PERCENT SUBJECTIVE'.

~~R~~ ONE EXPERIENCE FOR A MAN IS THAT THERE ARE TIMES IN
WHICH HE REALIZES THAT HE IS ALIVE AND THAT THIS ~~L~~IFE
ALIVENESS IS INDEPENDENT OF THE FORM IN WHICH THIS ~~L~~IFE
HAPPENS TO BE CAST. THAT IS PERHAPS AN EMOTIONAL
QUALITY OF THAT ~~R~~ALIZATION IN WHICH THERE IS NO CHANCE
OF FORMULATING IT BUT NEVERTHELESS, IN THE SAME WAY AS
WITH AN EXPERIENCE OF INTUITION, THERE IS A DEFINITE
KNOWLEDGE OF SUCH A THING EXISTING AND WE SIMPLY SAY
IT EXISTS AS A ~~MAGNETIC~~ CENTER AND THE DEFINITION FOR
THAT IS, THAT ENTITY THAT EXISTS THERE IS SIMILAR TO
A POINT BUT COMPLETELY FREE FROM DIMENSIONS EITHER IN
SPACE OR IN TIME.

P THE SECOND EXPERIENCE THAT A PERSON CAN HAVE IS IN HIS MIND. THAT AT A CERTAIN TIME THERE IS AN INSIGHT WHICH EVEN MIGHT BE CALLED A FLASH OF A ~~MOMENT~~ IN WHICH HE REALIZES HIS EXISTENCE BEING WHAT IT IS AND LINKING UP THAT WHAT IS THE ~~ESSENTIAL~~ ESSENCE OF HIMSELF WITH THAT WHAT EXISTS OUTSIDE OF THE EARTH, OUTSIDE OF HIMSELF, IN THE FORM OR IN DIFFERENT FORMS, BUT ALL REPRESENTING LIFE. AND THAT REALLY WHAT ONE IS INTERESTED IN OR WHAT SOMETIMES CAN REACHED IS NOT A POINT BUT THE TOTALITY OF ALL LIFE FOR WHICH WE SIMPLY USE THE TERM INFINITY.

P IT BECOMES COMPARABLE TO AN EXPERIENCE OF A MAN THAT HE FEELS HE IS, TO EXPRESS IT RELIGIOUSLY, THE CHILD OF GOD, THE FATHER. AND HE CANNOT DEFINE IT FURTHER THEN ONLY SAYING 'I HAVE AN INSIGHT IN MY OWN EXISTENCE', AND WITH THIS I HAVE A HOPE OF ULTIMATE FREEDOM. WE CALL THAT IN THE TERMINOLOGY OF GURDJIEFF A FLASH, A LIGHTNING FLASH OF KARATAS. KARATAS FOR US IS THE IDEAL STATE OF A CONSCIOUS MAN AND KARATAS DESCRIBES THE WORLD IN WHICH HE THEN WOULD ~~LIVE~~ LIVE.

P NOW IN ORDER TO MAKE THIS HUNDRED-PERCENT SUBJECTIVITY, AS IT WERE, TO HAVE THAT AS MATERIAL IN WHICH I WANT TO CREATE AN ~~OBJECTIVE~~ 'I', I BANK ON MY EXPERIENCES THAT I HAVE HAD OF THAT KIND AND THEY BELONG TO A CERTAIN GROUP WHICH ^{ARE} ~~WERE~~ CALLED ~~MOMENTS ONE NEVER WILL FORGET~~ SUCH A ~~MOMENT~~ WHEN IT ACTUALLY APPEARS AND WHEN 'I'

EXPERIENCES IT, IS REALLY THE REALIZATION OF LIFE EXISTING AS I AM IN THIS BODY, WITHOUT THE FUNCTIONING OF ORDINARY MANIFESTATIONS, WITHOUT THE FUNCTIONING OF MY FEELING, AND WITHOUT THE FUNCTIONING OF MY MIND.

AND NEVERTHELESS I KNOW AT SUCH A TIME THAT SOMETHING ^{AGAIN} OF ME EXISTS ~~NOT~~ ^{WHAT'S} AGAIN IT IS ~~NOT~~ THE REPRESENTATION IN MYSELF OF MY MAGNETIC CENTER.

N ~~NOT~~ OR TO SAY IT A LITTLE DIFFERENTLY, I START TO REALIZE THAT WHAT I WAS WHEN I WAS BORN AND APPEARED ON THIS EARTH AS A CERTAIN SOMETHING WHICH IS COMPLETELY UN-SPOILED AND FREE FROM MANIFESTATIONS BUT NEVERTHELESS EXISTED BECAUSE IT WAS LIFE ITSELF, AND THE FORM INTO WHICH LIFE WAS POURED WAS NOT YET SUFFICIENTLY FORMED OR CRYSTALLIZED.

P NOW WORK IS BASED ON SUCH CONCEPTS. WHEN I WISH TO WORK ON MYSELF I MUST FIRST HAVE AN INSTRUMENT THAT CAN FUNCTION OBJECTIVELY. SINCE I WISH IT AND SINCE MY MIND ALSO CAN CONCEIVE OF THE POSSIBILITY, IT WILL NOT HELP ME TO SAY THAT I BECOME IMPARTIAL. THERE IS ONLY A VERY SMALL PART OF ME AFTER IT HAS BEEN CREATED BECAUSE OF MY WISH AND AFTER IT HAS STARTED TO FUNCTION IN THE WAY I WANT AN 'I' TO FUNCTION, THAT THEN THIS 'I' BECOMES IMPARTIAL TO ME AND I USE THE PHRASE, 'I' IS AWARE OF ME!»

P THERE ARE DIFFERENT ATTRIBUTES OF THIS 'I'. I WANT IT IN THE FIRST PLACE TO BE IMPARTIAL TO ME. I WANT IT TO BE AN INSTRUMENT WHICH RECORDS A CERTAIN FACT

INSTANTANEOUSLY AND I ALSO WANT TO ENDOW IT WITH SOMETHING I CALL BENEVOLENCE. THE BENEVOLENCE OF AN 'I' IS SIMPLY A RESULT OF THAT WHAT I WISH TO CREATE, THAT THE CREATION IS STILL CONNECTED WITH ME AND THAT SINCE I'M RESPONSIBLE FOR THE CREATION, THEN, WHEN THE CREATION HAS GROWN UP, IT BECOMES GRATEFUL FOR THE CREATOR. AND BENEVOLENCE IS THAT PARTICULAR PART OR FUNCTION OF 'I' WHEN IT IS MORE FULL GROWN WHICH IS EMOTIONAL IN QUALITY AND WHICH HELPS TO FORM MY CONSCIENCE.

P NOW WHENEVER YOU TALK ABOUT WORK, YOU MUST ALWAYS TALK ABOUT AN 'I' AND ELIMINATE AS MUCH AS YOU CAN IN YOUR SPEECH THAT, I AM IMPARTIAL AND I AM INSTANTANEOUS OR FUNCTIONS SIMULTANEOUSLY BECAUSE IT IS NOT THAT. IT'S ONLY THAT LITTLE 'I' THAT HAS A CHANCE WHEN IT OBSERVES, WHEN AS LITTLE 'I', 'I' OBSERVES ME WHICH IS 'IT', THAT THERE IS A RELATIONSHIP BETWEEN 'I' AND 'IT' AND WORK IS DEPENDENT ON THE EXISTENCE OF THESE TWO THINGS OF WHICH ONE OF COURSE ALWAYS EXISTS WHICH IS ME, AND UNCONSCIOUS. AND THE OTHER STARTS TO EXIST WHEN I WISH TO CREATE IT AND I HOPE EVEN TO BE ABLE TO MAINTAIN IT.

P UNLESS THIS IS UNDERSTOOD, YOU WILL CONSTANTLY HAVE YOUR ORDINARY MIND INTERFERE IN YOUR THOUGHTS WITH ANY ATTEMPT OF WORK. AND THE WHOLE QUESTION CENTERS AROUND THE ABILITY TO HAVE A MIND WHICH IS THINKING OR FEELING WHICH IS IN MY SOLAR PLEXUS OR A BODY WHICH IS

MOVING AND AT THE SAME TIME SOMETHING ELSE EXISTING WHICH IS SEPARATED FROM ME BUT CONNECTED WITH ME AND REMAINS PART OF ME AND WHERE THE FEED ^{IS} SIMPLY FOR THE PURPOSE TO MAKE THAT OBJECTIVE FACULTY GROW.

P THE PURPOSE OF AN 'I' OBSERVING ME ALWAYS HAS TO DO WITH INCREASED SELF-KNOWLEDGE, PARTICULARLY WHEN THE SELF IS WRITTEN WITH A CAPITOL 'S' AND REPRESENTS MY LIFE. AND THAT THIS LITTLE 'I' BEING INTERESTED IN THE ACCEPTANCE OF ME WHICH IS ^{IT}, AS THIS ^{IT} IS, WITHOUT YOU MIGHT SAY, ANY QUESTIONS ASKED, THAT THEN AT SUCH A TIME WHEN THAT HAPPENS, 'I' AS LITTLE 'I' STARTS TO EXIST IN THE OBSERVATION PROCESS. AND OBSERVING ME GETS INFORMATION ABOUT ME AS I AM AND THE ACCEPTANCE OF THAT WHAT I AM AS LIFE, IN THE ^MMOMENT WHEN THIS 'I' FUNCTIONS MAKES, YOU MIGHT SAY, FACTS AVAILABLE TO THIS LITTLE 'I', BUT OF A KIND WHICH I CALL ABSOLUTE, THAT IS MORE TRUTHFUL.

P IF THIS PROCESS TAKES PLACE, THE LITTLE 'I' HAS TO DO SOMETHING WITH THE FACTS WHICH HAVE BEEN OBSERVED BY 'I'. FOR THAT, THIS 'I' USES THE ORDINARY FACILITIES OF THE BRAIN AND SUCH FACTS ARE STORED IN ONE'S MEMORY. THE PROCESS FOR A MAN IN AN UNCONSCIOUS STATE IS ALSO THAT HE GETS INFORMATION ABOUT HIMSELF USING HIS ORDINARY THOUGHT PROCESS AND THOSE FACTS ARE ALSO STORED IN HIS MEMORY. NOW WHEN AFTERWARDS A MAN CONSIDERS HIMSELF AS HE IS AND HE REMEMBERS HOW HE WAS, THERE ARE

TWO KINDS OF FACTS THAT BECOME AVAILABLE TO HIM:
ONE, ORDINARY FACTS REACHED IN AN UNCONSCIOUS STATE
BY MEANS OF SENSE ORGANS AS WE KNOW THEM. THE OTHER
FACTS ARE ABSOLUTE FACTS REACHED IN A DIRECT WAY AS
IMPRESSIONS BEING RECORDED BY LITTLE 'I'. BOTH INDICATE
↓ SELF-KNOWLEDGE AND DATA ABOUT MYSELF. BUT THE VALUE
OF THE FACTS WHEN ONE IS COMPLETELY FREE FROM INTER-
PRETATION AND IS IN THAT SENSE WHAT WE CALL, 'ABSOLUTE,'
IS QUITE DIFFERENT AS A VALUE WHICH HAVE BEEN REACHED ~~BY~~ ^{MEANS}
~~OF~~ AN ORDINARY UNCONSCIOUS PROCESS. AND THEN IN THE
CONTEMPLATION OF THE FACTS AVAILABLE I START TO RELY
MORE AND MORE ON THE FACTS WHICH ARE OBJECTIVE AND I
CHANGE MY BEHAVIOR, IF I POSSIBLY CAN, IN ACCORDANCE
WITH THE NEWLY ACQUIRED FACTS OF KNOWLEDGE OF ~~MYSELF~~ ^{My Self}.
P WHAT IS IMPORTANT IN AN ATTEMPT WHEN ONE WANTS TO WAKE
UP OR WHEN AN 'I' SHOULD BE CREATED WHICH IS AWARE, IS
THAT IT ALWAYS MUST LEAD TO AN INCREASED KNOWLEDGE OF
my Self ~~MYSELF~~. IT IS PRECEDED BY AN EXPERIENCE OF A SEPARA-
TION, SOMETHING THAT ONE CALLS THEN 'IT' AND 'IT', AND
VERY DEFINITELY CREATES FOR ONESELF IN THE UNCONSCIOUS
STATE A REALIZATION OF A LITTLE 'I' EXISTING. SOME-
TIMES THE PROCESS IS DESCRIBED EVEN A LITTLE DIFFER-
ENTLY. THAT IF 'I' IS AWARE OF 'IT', 'IT' BECOMES
AWARE OF THE EXISTENCE OF 'I'. SOMETIMES WE SAY THAT
THAT WHAT 'IT' EXPERIENCES IS A HEIGHTENED STATE OF

SOMETIMES HEALTH, OR INSIGHT OR ENCOURAGEMENT OR EVEN HOPE, AND SOMETIMES ONE SAYS, IT.. 'IT', HAS A TASTE OF THE PRESENCE OF SOMETHING ELSE EXISTING. AND WHEN THIS LITTLE 'I' REALLY FUNCTIONS AND IT IS A LIGHT, IT MEANS THAT 'IT' BEING IN DARKNESS OF SUBJECTIVITY BECOMES AWARE OF THE EXISTENCE OF LIGHT OF OBJECTIVITY.

R SO YOU MUST BE VERY CAREFUL WHEN YOU DESCRIBE WHAT YOU DO WITH WORK. AT MOST, DEFINITELY IN THE BEGINNING AND SURELY FOR A LONG TIME, THE EXISTENCES OF EXPERIENCES AS A RESULT OF WORK ON ONESELF ARE LIMITED TO THE EXPERIENCE OF MOMENTS ONLY AND DO NOT EXTEND, NOT EVEN IN OUR ORDINARY TIME. IT IS TOO FLEETING, AND IT IS TOO DIFFICULT TO HAVE THIS AWARENESS REMAIN IN EXISTENCE. AND THE STATE OF AWAKENING WHICH ONLY CAN BE EXPERIENCED BY THE LITTLE 'I' IS IN THE BEGINNING NOT THERE. ANY STATEMENT I MAKE ABOUT SUCH EXPERIENCE USING WORDS OF MY UNCONSCIOUS MIND TEND TO DESCRIBE SUCH A CONDITION FROM THE STANDPOINT OF UNCONSCIOUSNESS. BUT SINCE I HAVE NOTHING ELSE AND I HAVE NO LANGUAGE AS YET FOR OBJECTIVITY I MUST USE SUBJECTIVE WORDS TO INDICATE THAT SOMETHING EXISTED SEPARATE FROM ME AND THAT THAT LITTLE 'I' EVERY ONCE IN A WHILE IN A MOMENT RECEIVED INFORMATION ABOUT MYSELF.

R TRY TO THINK ABOUT THIS NOW VERY WELL, SONIA, SO THAT IT BECOMES CLEAR TO YOU WHAT IS AN ATTEMPT OF WORK. AND THEN YOU TRY AS OFTEN AS YOU CAN TO HAVE THAT KIND OF

AN EXPERIENCE AND NOT ALLOW YOURSELF EITHER TO THINK OR TO FEEL ABOUT AN EXPERIENCE EVEN IF THEY ARE A LITTLE BIT STRANGE, OR PERHAPS EVEN AS YOU MIGHT SAY, OUT OF THIS WORLD.

P THE RECOGNITION OF A SEPARATION, THE RECOGNITION OF A KNOWLEDGE OF SOMETHING OF A HIGHER KIND EXISTING IS ALREADY AN INDICATION THAT SOMETHING IS TAKING PLACE, EVEN IF IT IS DIFFICULT TO DESCRIBE ANY FURTHER RESULTS.

SONIA
ALRIGHT? *YES*, GOOD, THINK ABOUT IT VERY WELL, SONIA.

IT IS NOT SO, IT IS NOT EASY.

AND WHAT I SAY IN GENERAL APPLIES OF COURSE TO EVERYBODY WHO WISHES TO WORK, AND EVERYBODY IN THIS ROOM DOES NOT KNOW ENOUGH ABOUT THE PRINCIPLES THAT I JUST HAVE MENTIONED. IT IS SO DIFFICULT TO TALK ABOUT WORK AND IT IS SO DIFFICULT TO DISTINGUISH BETWEEN WHAT IS HONESTLY RESULT OF WORK OR WORK ATTEMPT, AND THAT'S SO, FOR SUCH A LONG TIME, ONE KEEPS ON THINKING AND USING THE ORDINARY BRAIN FOR THE PURPOSES OF OBJECTIVITY AND OF COURSE IT NEVER WILL HAVE ANY SUCCESS WHATSOEVER.

P *Even* ~~Even~~ YOU MUST UNDERSTAND THAT WORK IS A VERY SPECIAL SOMETHING THAT YOU ONLY CAN APPLY UNDER CERTAIN CONDITIONS AND THAT IT DOES NOT HOLD TRUE WHEN YOU THINK THAT YOU OUGHT TO WORK BECAUSE YOU HAPPEN TO THINK ABOUT IT OR FEEL THAT THEN EVEN IT MIGHT BE POSSIBLE.

THE CONDITIONS FOR WORK MANY TIMES HAVE TO BE

CREATED AND ALSO THEY HAVE TO BE PREPARED FOR. IF WE SAY THAT A MAN IN MOTION WHEN HE WALKS OR BEHAVES AND WHEN A MAN WHEN HE IS UNCONSCIOUS UNQUESTIONABLY USES UP A GREAT DEAL OF THE ENERGY FOR HIS UNCONSCIOUS BEHAVIOR, THERE MAY SOMETIMES BE VERY LITTLE ENERGY LEFT FOR THE PURPOSE~~s~~ OF A WISH TO WORK ON ONESELF. THERE IS A DIVISION POSSIBLE AT A CERTAIN MOMENT OF SUCH REALIZATION FOR ONESELF THAT THE DESIRE FOR ~~W~~ WORK IS STRONG AND BECAUSE OF THAT SOMETHING CAN TAKE PLACE WITHIN ONE AND THAT THEN ENERGY FOR THAT PURPOSE CAN BE SENT AS IT WERE, TO THE FORMATION ~~OR~~ THE CREATION OF LITTLE 'I'.

P BUT THAT IS ONLY A LITTLE BIT OF ENERGY THAT IS AVAILABLE AND WHEN IT IS EXHAUSTED SOME MORE ENERGY HAS TO BE SEPARATED OUT, OUT OF THE TOTAL ENERGY AVAILABLE TO A MAN. AND AGAIN I HAVE TO MAKE THAT EFFORT, AND THE CONSTANCY OF SUCH EFFORTS WILL ONLY CREATE~~s~~ THE POSSIBILITY OF THE MAINTENANCE OF 'I' AND FOR 'I' TO BE ~~A~~WAKE.

P NOW, IT IS OBVIOUS THAT IF THERE IS A SEPARATION OF ENERGIES AND IF IT IS DEPENDENT ON MY WISH THAT I WISH TO CREATE SUCH CONDITIONS OF THE OUTSIDE WORLD AND THE CONDITIONS OF MYSELF IN WHICH THERE IS MORE POSSIBILITY THAT THE CIRCUMSTANCES IN WHICH I FIND MYSELF AS A PERSONALITY ARE MOST CONDUSIVE FOR THAT KIND OF AN ATTEMPT.

IT BELONGS OF COURSE TO THE POSSIBILITY OF HOW CAN I SEND MORE ENERGY AS A WISH FOR THE CREATION OF 'I' AND HOW CAN I HAVE ENOUGH EVEN TO TRY TO HELP TO MAINTAIN IT. AND THE LOGICAL ANSWER IS, IF IT IS A DIVISION OF ENERGIES I WOULD LIKE AS SMALL AN AMOUNT OF ENERGY TO GO TO MAINTAIN MY UNCONSCIOUS EXISTENCE AND HOPE THAT THE ENERGY THAT IS THEN LEFT AS A BALANCE COULD BE USED FOR THE PURPOSES OF A DEVELOPMENT OF ONES' INNER LIFE.

IN GENERAL WE CALL IT THAT. THE CREATION OF 'I', OBJECTIVITY, ARE DEPENDENT ON THE WISH FOR GROWTH OF ONES' INNER LIFE BECAUSE IN INNER LIFE THE ESSENCE QUALITY IS MAGNETIC CENTER.

AND ULTIMATELY YOU HAVE TO SEE THAT THE REASON, THE MOTIVATION, FOR WORK FOR ONESELF DEPENDS ON THE WISH FOR THE MAGNETIC CENTER AS REPRESENTING LIFE TO BE SET FREE. (Pause) [SECOND SIDE]

I DON'T WANT TO DEVIATE NOW TOO MUCH FROM THE TRAIN OF THOUGHT WE HAVE ESTABLISHED, BUT YOU SEE IT IS QUITE NECESSARY TO UNDERSTAND THESE PROCESSES, THEY ARE UNDERLYING ALL YOUR QUESTIONS. BECAUSE YOU WILL RUN INTO DIFFICULTIES WHEN THE ATTEMPTS YOU MAKE ARE NOT CORRECT, AND YOU WILL CONTINUE TO FLOUNDER WITH YOUR MIND AND DESCRIBING ALL KIND OF THINGS STILL BELONGING TO ORDINARY LIFE.

WORK MEANS SOMETHING EXTRA-ORDINARY. I SAID YESTERDAY,

OUT OF THIS WORLD. IT DOES NOT BELONG TO THIS WORLD AS WE KNOW IT. IT BELONGS TO GOD, AND WE DON'T KNOW HIM. BUT HE IS, IF HE IS, A HIGHER BEING OF A DIFFERENT KIND OF NATURE, WHICH GURDJIEFF CALLS GREAT NATURE, AND GREAT NATURE FOR US STARTS WITH THE POSSIBILITY OF AN OBJECTIVE STATE.

SO IN ORDER TO SEPARATE ENERGIES AND TO DO JUSTICE TO BOTH MY OUTER WORLD AND MY INNER WORLD, I WANT TO SEND AS LITTLE AS POSSIBLE TO MY OUTER WORLD, I CALL THAT 'MY UNCONSCIOUS STATE' BECAUSE THAT IS THE CONTACT OF THE PERSONALITY WITH THAT WHAT IS THE SURROUNDING. IN ORDER TO BRING THE QUANTITY OF ENERGY USED FOR THAT PURPOSE TO A MINIMUM, I WANT TO REDUCE MY ACTIVITY TO A MINIMUM.

OF COURSE IT'S OBVIOUS, I WANT TO HAVE MY BODY SO COMPLETELY RELAXED THAT IT JUST BARELY EXISTS AND THAT VERY LITTLE ENERGY IS NECESSARY FOR THE MAINTENANCE OR WHEN IT IS BREATHED IN THAT NOT VERY MUCH HAS TO GO TO KEEP MY BLOOD CIRCULATING. I DON'T.. I CANNOT DO MUCH ABOUT THAT ~~AND~~ ONLY RELAXING.

I CAN DETENSE MUSCLES WHICH REQUIRE A TREMENDOUS AMOUNT OF ENERGY AND IN THE RELAXATION PROCESS I WILL BE ABLE TO SAVE ENERGY. AGAIN I DON'T WANT TO TALK NOW ABOUT A RELAXING EXERCISE. YOU MAY, SOME OF YOU, MAY HAVE HEARD EVERY~~ONCE~~ IN A WHILE I DO MENTION IT, ON

SOME OF THE TAPES AND THERE ARE DESCRIPTIONS OF THAT EXERCISE IN CASE YOU WANT TO KNOW IT.

P YOU HAVE TO REALIZE I THINK, MORE AND MORE, THAT A GREAT DEAL OF INFORMATION ^{already} HAS BEEN SAID AND THAT IT IS AVAILABLE TO SEVERAL OF YOU ON TAPES THAT YOU CAN LISTEN TO THAT IF YOU ARE HONESTLY AND SERIOUSLY INTERESTED IN WANTING TO KNOW. AND ALL YOU HAVE TO DO IS TO SHOW THAT YOU'RE INTERESTED, THAT YOU'RE SERIOUS AND THAT YOU CAN BE HONEST ABOUT IT. SO IF YOU CAN BE RELIED UPON AND IF THERE IS SUFFICIENT TRUST IN YOU, MAYBE IT IS POSSIBLE TO BORROW ONE OF THOSE TAPES FOR YOURSELF. AND MAYBE EVEN IF YOU LISTEN TO IT WHEN YOU ARE HOME THAT IT IS LISTENED TO ONLY BY YOU AND BROUGHT BACK IN GOOD CONDITION TO THE LIBRARY HERE IN SEATTLE. SUCH RULES OF COURSE EXIST AND YOU CAN FIND OUT WHAT IS WHAT, DEPENDENT ON YOUR INTEREST.

P IN ONE OF THOSE TAPES I WENT MORE AND MORE IN DETAIL AT THE TIME IN LOS ANGELES EXPLAINING ABOUT THIS QUESTION OF RELAXATION AND HOW IT TAKES PLACE AND HOW IT OUGHT TO BE DONE. THE RELAXATION OF COURSE MEANS FIRST THE PHYSICAL BODY. BUT THEN THERE IS ALWAYS ~~the~~ FEELINGS AND OF COURSE THERE IS ACTIVITY OF THE MIND WITH THOUGHTS. TO RELAX THOSE TWO CENTERS REQUIRES A CERTAIN TECHNIQUE AND IT IS NOT EASY TO TELL YOURSELF NOT TO THINK OF SOMETHING OR NOT TO USE ENERGY FOR

YOUR BRAIN. AND IT IS ALSO EXTREMELY DIFFICULT TO TELL YOUR FEELINGS NOT TO FEEL OR AT LEAST REDUCE IT TO A MINIMUM.

P BUT ALL OF THAT IS INCLUDED IN A RELAXATION PROCESS OR A METHOD FOR RELAXATION AND THE RESULT IS THAT THEN THE BODY IS MAINTAINED AT A VERY LOW LEVEL OF EXISTENCE, BUT JUST ENOUGH TO EXIST ON EARTH. ONE KEEPS ON BREATHING, THE BLOOD KEEPS ON CIRCULATING, YOU CAN EVEN USE YOUR SENSE ORGANS AND RECEIVE IMPRESSIONS. THERE IS A LITTLE BIT OF THOUGHT THAT REMAINS AND A LITTLE BIT OF FEELING, THE SAME WAY AS THERE IS A LITTLE BIT OF YOUR FLESH AS IT WERE, WHICH MAY HAVE TO BE TENSED TO SOME EXTENT WHEN YOU SIT OR WHEN YOU WALK.

BUT THE RESULT IS THAT THEN THERE IS AN, I WOULDN'T SAY AN ABUNDANCE, BUT AT LEAST THERE IS A SUFFICIENT EXTRA QUANTITY OF ENERGY WHICH CAN BE USED FOR THE PURPOSE OF THE CREATION OF LITTLE ^{111.}

P THIS IS WHAT I MEAN BY PREPARATION ~~FOR~~ WORK. AND I ALSO MEAN BY CONDITIONS THAT YOU SELECT A CERTAIN TIME EITHER ~~OF~~ THE DAY OR CONDITIONS IN WHICH YOU ARE WHICH ARE AS I HAVE SAID, "MOST CONDUCIVE." NOW, FOR INSTANCE IT'S OBVIOUS THAT WHENEVER YOU ARE IN THE PRESENCE OF OTHER PEOPLE, ENERGY IS USED FOR THAT PURPOSE. WHEN YOU ARE IN AN EMOTIONAL STATE, A LITTLE EXCITED MAYBE, OR AFTER YOU'VE BEEN ANGRY AND IT

KIND OF STARTS TO SUBSIDE A LOT OF ENERGY HAS GONE INTO THAT. IT'S ABSOLUTELY THE WRONG TIME TO MAKE AN ATTEMPT AS IT WERE AS WE SAY, TO WAKE UP, BY WHICH WE MEAN THE CREATION OF AN 'I' TO BE AWAKE. →

YOU TAKE TIMES ONLY AND MANY TIMES IN THE BEGINNING ONLY, WHICH TIMES ARE VERY SIMPLE. WHEN YOU ARE BY YOURSELF, WHEN YOU ARE NOT DISTURBED, WHEN YOU'RE CLEAR IN YOUR HEAD, PARTICULARLY IN THE MORNING WHEN YOU GET UP AND YOU HAVE RESTED ENOUGH AND YOU DO IT IN CONDITIONS WHEN YOU ARE ALL ALONE AND WHEN THERE IS NOTHING SPECIAL THAT COULD REALLY DRAW YOUR ATTENTION.

¶ WHEN YOU ARE GETTING OUT OF BED, WHEN YOU FOLD UP OR FOLD BACK THE COVERS AND YOU GET YOUR LEGS OUT OF BED AND YOU SIT AT THE EDGE, IT IS A VERY GOOD TIME. YOU CAN RELAX BECAUSE YOU ARE ~~AWAKE~~ MORE OR LESS RELAXED BECAUSE OF YOUR SLEEP. AND SITTING AT THE EDGE OF YOUR BED IT WOULD BE POSSIBLE TO BECOME AWARE THAT THERE IS SOMETHING IN YOU BECOMES AWARE OF YOU AS A BODY SITTING ON THE EDGE OF YOUR BED, AND NO PARTICULAR THOUGHTS AND NO PARTICULAR FEELINGS. SO NO PARTICULAR IDENTIFICATION WITH YOURSELF; YOU JUST SIT, YOU ARE A BODY SITTING AND YOU WISH → THAT SOMETHING COULD ACTUALLY OBSERVE YOU.

¶ YOU GET SLOWLY UP. NOT MUCH ENERGY IS NECESSARY ^{for} ~~now~~

IT, BUT THERE IS ENERGY THAT GOES INTO A FORM OF ATTENTION AND THIS ENGAGES YOUR BRAIN AND BECAUSE OF THAT ACTIVITY IN THE BRAIN, SOMETIMES THE INFLUENCE IS SO STRONG THAT THERE IS NO CHANCE FOR ANY OBJECTIVITY TO BECOME ACTIVE. BUT YOU LEARN.

YOU GET UP AND YOU STAND STILL. THERE IS NO FURTHER ATTENTION NEEDED FOR THE GETTING UP AND THERE IS A CHANCE THAT SOMETHING CAN BECOME PRESENT TO YOURSELF.

YOU TAKE A STEP. MAYBE YOU GO ^{TO} THE BATHROOM, MAYBE YOU WANT TO OPEN OR CLOSE THE DOOR OR A WINDOW, MAYBE YOU WANT TO FOLD THE COVERS OF YOUR BED BACK, MAYBE YOU HAVE SAT DOWN AND YOU PUT ON STOCKINGS OR YOUR SOCKS, MAYBE YOU TAKE OFF YOUR NIGHTIE, YOUR PAJAMAS WHATEVER IT MIGHT BE. YOU PUT SOMETHING ELSE ON.

THERE ARE MOVEMENTS OF THE BODY. VERY SIMPLE, NOTHING COMPLICATED AND ABSOLUTELY NO REASON WHY YOU SHOULD ADMIRE YOURSELF OR THINK YOU ARE PERFECTLY BEAUTIFUL OR THAT YOU WALK SO ELEGANTLY TO THE BATHROOM, WHO KNOWS, IT IS JUST A BODY AND YOUR INTEREST IS IN THE ACCEPTANCE OF YOUR BODY AS IT IS BY MEANS OF SOMETHING THAT YOU WISH TO CREATE AND YOU CALL 'IT'.

P AND YOU WOULD LIKE TO HAVE A RESULT OF A KIND AS I SAID, AS IF SOMETHING IS AT THAT MOMENT SEPARATED FROM YOU. AS IF SOMETHING AT THAT TIME STARTS TO EXIST WITH YOU, YOU SITTING OR GETTING UP OR WALKING OR BENDING

OVER OR CHANGING A CHAIR FROM ONE PLACE TO ANOTHER OR STARTING TO PUT ON YOUR CLOTHES GRADUALLY OR IF YOU WISH WHEN YOU WASH. YOU ~~ARE~~ CLEANING YOUR TEETH. YOU MAY BE SCRAPING YOUR THROAT, MAYBE YOU BLOW YOUR NOSE. ALL SUCH THINGS ARE ACTIVITIES OF THE BODY AND IT IS POSSIBLE, IN SUCH SIMPLE TIMES, THAT ~~IS~~, IN SUCH SIMPLE MOVEMENTS, THAT SOMETHING OF A DIFFERENT NATURE COULD BE ACTUALLY THERE AND YOU HOPE WOULD OBSERVE YOU. THE BEGINNINGS ALWAYS ARE TO TRY TO BECOME MORE FAMILIAR WITH THE ACTIVITIES OF YOUR BODY. ~~IT~~ PERHAPS IN THE BEGINNING YOU DON'T KNOW ENOUGH ABOUT IT, ABOUT MAKING AN ATTEMPT OF IMPARTIALITY BECAUSE IT IS VERY DIFFICULT TO BE REALLY IMPARTIAL, AND LEAVE THE QUESTION OF SIMULTANEITY FOR A LITTLE WHILE OUT, BECAUSE THAT DOES REQUIRE A CERTAIN TRICKINESS IN THE MIND. THE QUESTION OF 'I' EXISTING, THE QUESTION OF THE CREATION OF SUCH, IT IS SOMETHING THAT TAKES PLACE IN YOURSELF. IT IS NOT SOMETHING THAT IS CREATED AS IT WERE BY MEANS OF YOU IN THE OUTSIDE WORLD, BECAUSE IT IS A PROCESS OF YOUR OWN BRAIN WHICH IS STILL WITHIN YOUR CRANUM.

~~IT~~ I'VE COMPARED IT SOMETIMES WITH LOOKING AT A CORNER OF A ROOM AND THERE IS A LINE ~~AS~~ IT WERE, ON THE FLOOR WHICH MEETS AND THE VERTICAL LINE WHICH IS THE SIDE OF THE WALL. IT IS A CORNER AND IT LOOKS WHEN YOU LOOK

AT IT OR SOMETIMES WHEN YOU DRAW IT ON A PIECE OF PAPER AS THREE LINES MORE OR LESS LIKE A COORDINATE SYSTEMS, X, Y AND Z. AND THERE IS THEN THAT CORNER AND YOU LOOK AT IT AND THERE IT IS GOING AWAY FROM YOU, THE CORNER, THE POINT GOES AWAY AND YOU KEEP ON, PERHAPS YOU STARE, ALL OF A SUDDEN FOR SOME REASON OR OTHER THE POINT IS NOW COMING TOWARDS YOU. IT IS STILL EXACTLY THE SAME DRAWING BUT SOMETHING HAS TAKEN PLACE IN YOU AND NOW IT IS JUST THE OTHER WAY. YOU KEEP ON TRYING TO USE SUCH OPTICAL ILLUSIONS BECAUSE AS YOU KNOW WITH THAT KIND OF AN ILLUSION IT IS NOT THE OUTSIDE WORLD THAT CHANGES, IT IS YOUR VIEWPOINT.

THE PROBLEM FOR TRYING TO WORK IS TO CHANGE YOUR VIEWPOINT OF THOUGHT INTO A VIEWPOINT OF AWARENESS. THAT IS REALLY, YOU MIGHT SAY, THE TRICK. IN BOTH CASES THINKING ABOUT YOURSELF THERE IS A MENTAL PROCESS. IN COMING TO BECOMING VERY QUIET AND RELAXED THE MENTAL PROCESS SHOULD CONTINUE, BUT ALL OF A SUDDEN IT MAY CHANGE INTO AN AWARENESS, THAT IS, WHEN YOUR INTEREST IS NOT ANY LONGER ON THE FORM BUT ONLY ^{ON} THE FACT THAT THE FORM EXISTS.

IT'S VERY INTERESTING TO THINK ABOUT THAT BECAUSE THAT CAN TAKE PLACE WITHOUT YOU AS A BODY CHANGING. ONLY YOUR PROCESS OF MIND CHANGES INTO A DIFFERENT KIND OF QUALITY AND IT BECOMES THEN A PROCESS OF AWARENESS INSTEAD OF A PROCESS OF THOUGHT.

YOU CAN TRY THIS BECAUSE WHEN I WISH TO CREATE AN 'I', I DO NOT KNOW HOW TO DO IT. I SIT AND IT IS ^{HERE} SOMETIMES

LIKE A FLASH OF A MOMENT, SOMETHING COMES TO ME AS A REALIZATION OF MYSELF WHEN I SIT, BUT THEN THE KNOWLEDGE OF AN EXPERIENCE THAT THIS IS ME SITTING, IT IS THEN AS IF AT THAT TIME SOMETHING IS TELLING ME THAT THIS 'IT' EXISTS.

P DON'T PHILOSOPHIZE TOO MUCH ABOUT IT AND DON'T THINK THAT YOU HAVE TO UNDERSTAND IT THEORETICALLY. IT IS SO EASY, AT TIMES, AFTER LET'S SAY YOU GET UP OUT OF THE CHAIR AND YOU START WALKING TO ONE SIDE OF THE WALL, ONE SIDE OF THE ROOM, AND NOTHING IN PARTICULAR. YOU KNOW SOME OF YOU I SAY, "TAKE AN EMPTY SUITCASE." THERE IS ABSOLUTELY NO REASON TO BRING IT FROM ONE PART OF THE ROOM TO ANOTHER, BUT YOU WALK WITH THIS EMPTY SUITCASE AND THE SOLE PURPOSE IS THAT YOU WISH THAT SOMETHING COULD EXIST DURING THE TIME OBSERVING YOU AND YOU TRY TO MAKE SUCH ATTEMPTS AND MAYBE NOT SUCCESSFUL IN THE BEGINNING. BUT YOU MUST KEEP AT IT HUNDREDS OF TIMES, THOUSANDS OF TIMES DURING PERIODS WHICH ARE VERY SIMPLE, WHEN YOU YOURSELF REALLY HAVE A WISH AND SOMEHOW OR OTHER MAYBE ^{even} YOU PRAY TO GOD THAT HE WILL GIVE YOU THAT KIND OF EXPERIENCE.

P WHY DO I SAY, PRAY TO GOD? BECAUSE IT IS REALLY OF THAT KIND OF A NATURE WHEN ONE WANTS TO CONSIDER THE POSSIBLE EVOLUTION OF ONESELF. I TALKED YESTERDAY ABOUT THE SERIOUSNESS OF WORK. THAT YOU MUST CONSIDER

IT REALLY, ALMOST I WANT TO USE THAT WORD, AS A SACRED SACRAMENT. AND THOSE OF YOU WHO ARE SENSITIVE ENOUGH AND PERHAPS EVEN RELIGIOUSLY DEVELOPED WILL UNDERSTAND WHAT I MEAN.

IF I WISH 'I' TO BE PRESENT I WANT THIS 'I' TO HAVE A CERTAIN CHARACTER AND QUALITY. I WANT IT TO BE HIGHER THAN I AM, SO THAT IT IS WORTHWHILE STRIVING TOWARDS IT AND WILLING TO ACCEPT WHATEVER THIS 'I' WILL TELL ME SO THAT I CAN TRUST MY LIFE, THAT IS THE DEVELOPMENT OF INNER LIFE TO A GUIDE OF THAT KIND. WHEN THIS TRUST IS THERE, MY ATTITUDE IS NOT ONLY RESPECTFUL, IT IS REALLY THAT I CARE, SINCE I KNOW THAT BECAUSE OF IT THERE IS A POSSIBILITY FOR ME TO GROW AND TO BECOME A MAN.

IT IS A SACRED REALIZATION FOR ONESELF WHEN YOU WISH TO GROW UP WITH YOUR INNER LIFE DEVELOPING. IT IS SACRED BECAUSE THE ULTIMATE AIM IS A TOTALITY OF UNDERSTANDING OF THE AIM AND THE REASON FOR YOUR EXISTENCE.

IT IS WITH THAT AIM THAT SOMETHING IS ESTABLISHED IN YOU EMOTIONALLY WHICH MUST TOUCH YOU MUCH DEEPER THAN THE SURFACE AND EVEN THROUGH ESSENCE COULD GO TO THE CENTER OF YOURSELF WHICH IS AN INDELIBLE POINT IN TIME AND A MOMENT OF EXISTENCE WHICH IS THE FACT OF LIFE AS ENERGY EXISTING WITHIN YOURSELF.

AND FOR THAT REASON I SAY IT IS LIKE A MOMENT YOU WANT TO GIVE ATTENTION TO BECAUSE IT IS IMPORTANT. HOW

IMPORTANT IT IS DEPENDS ON YOUR DEVELOPMENT. IT DEPENDS A GREAT DEAL ON THE KNOWLEDGE OF YOURSELF. IT PROBABLY DEPENDS MOSTLY ON YOU NOT WISHING TO INTERPRET THE KNOWLEDGE YOU HAVE TO YOUR ADVANTAGE ONLY. IT DEPENDS A GREAT DEAL ON YOUR WISH NOT TO RATIONALIZE, ON YOUR WISH TO REMAIN SIMPLE, ON YOUR WISH TO ACCEPT FACTS AS THEY ARE WHEN THEY APPEAR TO BE OF ABSOLUTE VALUE. AND ON YOUR WISH TO ESTABLISH, MEAGER AS THE ATTEMPTS MAY BE, OF A RELATIONSHIP BETWEEN YOUR MENTAL FUNCTIONS AND YOUR EMOTIONAL STATES.

 IT IS AS IF AT SUCH A TIME YOU WOULD WANT THIS POSSIBILITY OF CONSCIOUSNESS TO DEVELOP PARALLEL TO THE DEVELOPMENT OF A CONSCIENCE SO THAT THEY BOTH COULD GO HAND IN HAND AND NOT QUARREL AND AGREE BETWEEN THE TWO LIKE TWO FACETS OF THE SAME THING, THE TWO SIDES OF A COIN, HAVING THE VALUE OF THE COIN BUT INTERPRETING SUCH A VALUE IN DIFFERENT WAYS DEPENDENT ON THE FUNCTIONS OF ONE FACET FACING WHAT IS CONSCIOUSNESS AND THE OTHER ONE FACING THE POSSIBILITY OF CONSCIENCE.

 BECAUSE OF SUCH UNITY WITHIN ONESELF THERE IS THEN ESTABLISHED OF COURSE A BALANCE AND AN EQUILIBRIUM, ALMOST YOU MIGHT SAY A FORM OF CONTENTMENT. BUT IN THE CREATION OF THAT THE EXECUTION OF YOUR THOUGHTS AS A RESULT OF AWARENESS AND COMING FROM YOUR ~~Conscience~~ CONSCIOUSNESS AND THAT WHAT IS EMOTIONAL ATTITUDES AND ~~and~~ WHICH WILL GIVE YOU A RELATIONSHIP TOWARDS A HIGHER FORM OF BEING, THEN THERE IS NO CONFLICT.

ONE MAN, THE MAN WILL HAVE A WILL OF HIMSELF AND THAT WILL WILL BE ABLE TO UNDO THE WISHES OF THE BODY.

P IT IS A SOLUTION FOR ~~MAN~~ TO UNDERSTAND WHAT TO DO WITH HIS BODY, BECAUSE IT IS NOT ALWAYS THAT EASY TO TELL THE BODY TO STOP BEING ACTIVE OR DEMANDING. IT'S THE ONLY WAY WHEN TWO CENTERS ARE UNITED THAT THEN THE THIRD CENTER MUST BECOME SUBSERVIENT TO THE TWO CENTERS. HOW DO WE SAY IT USUALLY? THAT WHAT IS NEEDED FOR THE MIND IS TO BECOME KING. THAT WHAT IS NEEDED FOR THE BODY AS TO BE A SERVANT. THAT WHAT IS NEEDED FOR ONE'S EMOTION IS TO FUNCTION AS ^{the} QUEEN. WHAT IS THE RELATIONSHIP BETWEEN KING AND QUEEN? WHAT IS THE RELATIONSHIP BETWEEN MAN AND WOMAN? WHAT IS THE RELATIONSHIP WHEN BOTH AGREE AND THEN WILL BE ABLE IN ORDINARY LIFE TO ~~object~~ ^{PROMULGATE} AN EXTRAORDINARY LIFE, TO CREATE A NEUTRALIZING FORCE? IT IS THAT A MAN OR A WOMAN, OR TO PUT IT ON THE BASIS OF A ROYAL FAMILY, THAT THAT WHAT IS 'I' WISHING TO UNDERSTAND HIMSELF IN THE PRESENCE OF AN ORDINARY UNCONSCIOUS STATE OF MAN IS IN SEARCH OF FINDING, WE CALL IT IN ORDINARY LIFE, A MATE.

P BUT, IT IS IN THIS CASE, ~~IT~~ IS THE PRINCE WHO IS CHARMING AND WHO WISHES TO UNCOVER WITHIN HIMSELF THE TREASURE FOR HIM WHICH WILL MAKE HIM ~~whole~~, AND HE IS LOOKING FOR THE SLEEPING BEAUTY. AND OF COURSE, THE BEAUTY IS ASLEEP AND HAS TO BE WAKENED, AND THE SEARCH FOR THAT IS THE SEARCH AS IT WERE, FOR HIMSELF TO BECOME COMPLETED.

WHEN NOW CONSCIOUSNESS AND CONSCIENCE ARE IN U NITY AND COULD BECOME AN ENTITY IN THE FACE OF THE OUTSIDE WORLD, THAT WHAT IS NOT SUPPLIABLE BY THE KING HIMSELF CAN BE SUPPLIED BY THE QUEEN AND WHAT THE QUEEN NEEDS IS SUPPORT OF ^{the} KING WHO CAN TAKE INITIATIVE.

BECAUSE OF THIS, THE BODY WHICH IS AT THE PRESENT TIME KING, BECAUSE OF ITS MASS, BECAUSE OF ITS ~~ALMOST~~^I WOULD SAY, STUPIDITY, BECAUSE OF THE NON-FUNCTIONING PRACTICALLY OF THE BRAIN WHICH HAS NO PARTICULAR FORCE AND CANNOT SAY ANYTHING TO THE BODY, WHICH OF COURSE ULTIMATELY THE BODY WILL DO WHEN THE BODY WANTS IT, NEVER MIND WHAT THE MIND WILL WANT AND WHAT THE FEELING WILL WANT. WE ARE AT THE PRESENT TIME IN THE WRONG RELATIONSHIP WHEN THE BODY IS MASTER AND THE MIND IS THE SERVANT.

P THE SWITCHING OVER OF THAT RELATIONSHIP AND THAT WHAT IS NOW NEGATIVE SHOULD BECOME POSITIVE AND REVERSELY, IS THAT THE MIND AS IT IS SHOULD BECOME ~~SELF~~-CONSCIOUS AND THAT THAT WHAT IS NOW ORDINARY LITTLE BIT OF A CONSCIENCE SHOULD BECOME THE QUEEN. WHAT DOES THE QUEEN WANT? SHE WANTS A KING WHO IS A MAN, WHO CAN WITH INITIATIVE TAKE COMMAND, WHO CAN WITH SUCH INITIATIVE GUIDE AND TAKE A RESPONSIBILITY.

P AND THAT WHAT IS WOMAN SHOULD SUPPLY THAT, IN ORDER TO EXPECT HER MAN TO BE MAN, SO THAT SHE THEN CAN BE WOMAN. THIS IS THE INTERRELATIONSHIP AND IT IS NOT A QUESTION OF SUPERIORITY OF ONE OR THE OTHER. IT IS ONLY A QUESTION OF A U NITY WHICH ON THE BASIS OF OUR WISH TO

WORK IS RELATED TO THE RELATIONSHIPS OF THREE CENTERS
TO BECOME ONE.

P ONE FOR EACH, TOTALLY THREE, BECOMING FOR A MAN THE
THREE-BODIED MAN WHO THEN CAN BE CALLED HARMONIOUS BECAUSE
WITH THREE FULL GROWN BODIES IT IS POSSIBLE TO ESTABLISH
AN EQUILIBRIUM OF THREE IN WHICH THE CONSCIOUSNESS AND
THE BODY AS TWO POSITIVE FORCES WILL BE, NOT UNITED,
BUT BROUGHT TOGETHER IN A RELATIONSHIP OF KING AND
SERVANT UNDER THE GUIDANCE OF THE QUEEN WHO BY HER
INTUITION IS ABLE. AND THIS IS A POSSIBILITY FOR MAN
ON EARTH ONLY, AS LONG AS HE IS ON EARTH, TO BE ABLE THRU
ONES EMOTIONAL STATES TO HAVE CONTACT WITH THE TOTALITY
OF ALL LIFE AS REPRESENTED BY OMNIPRESENT GOD.

P THIS IS WHAT A MAN WISHES WHEN HE THINKS ABOUT WORK.
HE WANTS TO DEVELOP ONE SAYS, A SOUL. BUT THE SOUL
IS THE POSSIBILITY THAT HIS CONSCIOUSNESS AS A FULL-GROWN
INTELLECTUAL BODY. THE KESDJIANIAN BODY IS FOR HIM THE
QUEEN BECAUSE IN THAT THERE IS EMOTIONAL HIERARCHY,
AN EMOTIONAL ENERGY, ^{an} EMOTIONAL WISH FOR THE DEVELOPMENT
OF CONSCIOUSNESS TO BECOME THE INITIATIVE TAKER AND
THE RELIABLE TRUSTWORTHY MAN OF THE FAMILY, OF THE
THREE BODIES, IF POSSIBLE AT THE PROPER TIME TO BE FUSED
AND UNITED INTO AN ENTITY SO AS TO BE ABLE TO ENTER INTO
COSMIC-CONSCIOUSNESS.

P YOU MUST LISTEN TO SOME TAPES. YOU MUST REALLY TRY TO
UNDERSTAND YOUR OWN QUESTIONS. YOU MUST TRY TO FIND

OUT WHERE YOUR QUESTIONS COULD COME FROM IN ORDER THEN TO HELP TO FORMULATE THEM IN SUCH A WAY THAT THERE IS AN ANSWER THAT IS REQUIRED. AND THAT YOU ASK THE QUESTIONS NOT OF THEORY, LEAVE THEORY OUT FOR ~~God's~~ SAKE. IT WILL NOT HELP YOU, IT JUST WILL STIMULATE YOUR BRAIN A LITTLE BIT, AND AFTER SOME TIME YOU WILL THINK THAT THAT IS IT. WORK IS IT. WORK IS THE KEY. WORK IS THE ONLY WAY, NOT YOUR MIND NEITHER YOUR FEELING BY ITSELF AND SURELY NOT YOUR BODY, BUT A COMBINATION OF ALL THREE, THAT IS REQUIRED FOR THAT KIND OF UNITY.

AND THAT WHAT IS THE NEUTRALIZING FORCE FOR YOU IS YOUR ~~KESDJANIAN~~ ^P BODY. TRY TO UNDERSTAND THESE THINGS I SAY, IN SIMPLICITY, AND DON'T ALLOW YOURSELF TOO MUCH NOT EVEN IN GROUP MEETINGS TO HAVE ALL KINDS OF DISCUSSIONS AND ARGUMENTS. STATEMENTS OF WHAT YOU HAVE DONE HONESTLY SINCERELY ATTEMPTED, BUT A CLARITY WHICH IS NEEDED FOR CONSCIOUSNESS BECAUSE HOW CAN THE KING TAKE INITIATIVE IF HE DOESN'T KNOW WHAT WORK IS ALL ABOUT?

THIS IS NEEDED FOR A MAN WHO WANTS TO STUDY IN THIS ^{OF HIS STUDIOSNESS,} SENSE AND THEN TO TAKE THE MATERIAL THAT IS STUDIED, ^{TO PUT IT TO} ^{IN PRACTICE FOR} HIS DAILY LIFE UNDER SUCH CONDITIONS WHERE THERE IS MOST OR THE BEST CHANCE ~~FOR~~ ^{OF} SUCCESS. HOW TO SUCCEED ON THE IN THE DIRECTION OF CONSCIOUSNESS.

^P THE STIMULOUS YOU CAN HAVE FROM EACH OTHER BECAUSE ALL OF US ARE IN EXACTLY THAT SAME KIND OF A BOAT OF UNCONSCIOUSNESS. AND ALL OF US HAVE TWO OARS TO ROW WITH.

ALL OF US DON'T HAVE A RUDDER TO THE LITTLE ROW BOAT AND THE STEERING IS AT THE PRESENT TIME STILL DONE WITH OARS AND WITH THE WAY YOU HANDLE THEM WITH YOUR HANDS. THAT IS THE WORK THAT IS AT HAND. THAT IS THE WORK WHEN YOU SIT AND MAKE AN ATTEMPT TO ROW A BOAT. THIS IS THE WAY YOU ARE AT THE PRESENT TIME. FACING YOUR FUTURE WITH YOUR BACK BUT PULLING THE BOAT WITH YOUR FORCE FORWARD TO THE DIRECTION WHERE YOU ULTIMATELY WISH TO GO. YOU ARE REGARDING THE FUTURE IN THE DARK BECAUSE YOUR BACK IS TURNED ^{TO} ~~IN~~ THAT DIRECTION. AT THE SAME TIME ~~you~~ ^{you} NEED A FORCE, TO GET GOING AND TO ROW DILIGENTLY, SLOWLY, WITH THE FORCE AVAILABLE, QUITE SINCERELY, AND TRY IT WHEN THE WATER IS NOT TOO ROUGH. YOU ARE SO FOOLISH SOMETIMES TO THINK THAT YOU CAN ^{WORK} WHEN EVERYTHING IS TOPSY-TURVY.

~~4~~ SELECT THE TIMES DURING THE DAY, NOT NECESSARILY WHEN YOU ARE PROFESSIONALLY ENGAGED, IT REQUIRES MUCH TOO MUCH ENERGY, BUT WHEN YOU GET UP, WHEN YOU DRESS, ~~AND~~ ^{when} YOU GO DOWNSTAIRS OR YOU GO OUT OF THE ROOM, WHEN YOU ^{when} PERHAPS MAKE A LITTLE BREAKFAST, ~~AND~~ ^{when} YOU SIT DOWN. WHEN YOU SHOVE YOUR CHAIR ~~NO~~ UNDERNEATH YOU, SIT AT THE TABLE AND THERE YOU ARE WITH A PLATE AND MAYBE AN EGG OR ~~A~~ ^{is going} ORANGE JUICE AND YOU ~~WANT~~ ^{WANT} TO DRINK IT AND YOU HAVE A FORK, AND YOU SIT AND YOU CLOSE YOUR EYES AS IF AT SUCH ~~A~~ TIMES YOU THANK GOD FOR HAVING BEEN ABLE TO WAKE UP IN THE MORNING, AND TO PRAISE THE ^LORD FOR THE OPPORTUNITIES

THAT HE MIGHT GIVE YOU WHEN YOU LIVE YOUR LIFE DURING THE DAY.

WORK IS SERIOUS. IT IS NOT A QUESTION OF A HOLY FACE, AND IT IS NOT A QUESTION EVEN OF AUTHORITY, IT IS NOT A QUESTION OF HAVING AN ANSWER TO YOUR QUESTION. WHAT IS IMPORTANT IS TO DERIVE FROM ANY KIND OF A DISCUSSION, ANY KIND OF AN ASOCIATION WITH EACH OTHER, ANY KIND OF A READING SOMETHING THAT STIRS WITHIN YOU AND THEN CREATES A WISH BASED ON THE RECOGNITION OF WHAT YOU ARE AND KNOWNING THAT YOU ARE INCOMPLETE.

AND KNOWING THAT YOU HAVE TO WORK AND THAT THERE IS AN OPPORTUNITY FOR WORK AND THAT THE LANGUAGE HAS TO BE SIMPLE AND VERY EXACT, OTHERWISE YOU DEVIATE FROM YOUR COURSE AND IT IS MUCH ~~TOO~~ MUCH SOMETIMES LIKE TACKING AGAINST THE WIND.

JUST GO STRAIGHT, AS WELL AS YOU CAN, WHEN THE TIME IS THERE WHEN IT IS RIGHT FOR YOU TO MAKE AN ATTEMPT. PRAY TO GOD SOMETIMES WHEN YOU ARE ALL BY YOURSELF. PRAY TO THE SLEEPING BEAUTY WITHIN. PRAY TO YOUR MAGNETIC CENTER, HOPE THAT SOMETHING CAN TAKE PLACE AND THAT THERE IS A CHANCE IN YOUR LIFE TO REACH A LITTLE DIFFERENT KIND OF A HEIGHT.

PERHAPS A LITTLE MORE FREEDOM. I HOPE DEFINITELY MORE INSIGHT INTO THE EXISTENCE OF YOURSELF. BUT REMAIN OPEN AND TRY NOT TO ~~be~~ BE TOO SOMBER OR TO CARRY TOO HEAVY A LOAD. BUT CONTINUE ~~with~~ WITH AN EARNEST DESIRE NOT TO WISH TO FORGET ^{then} WHENEVER THERE IS AN OPPORTUNITY TO WORK,

DO WORK, EVEN IF FOR A SHORT TIME, BUT DO YOUR WORK. IT IS REQUIRED OF YOU IF YOU WANT TO REMAIN RESPONSIBLE, IF YOU ARE RESPONSIBLE. IF YOU ARE NOT, BECOME RESPONSIBLE, IT BELONGS TO GROWTH, IT DEFINITELY BELONGS TO EVOLVING. IT WITHOUT ANY QUESTION BELONGS TO YOUR UNDERSTANDING OF THE UNIVERSE, YOUR ASTRONOMY, YOUR SOLAR SYSTEM, YOUR LIFE ON EARTH AS WELL AS IN HEAVEN, AS WELL AS BELOW THE EARTH, AS WELL AS THE EXISTENCE OF THE TOTALITY OF LIFE WHICH IS NOT TO BE UNDERSTOOD UNTIL ONE HAS GROWN, UP AND UP AWAY FROM THE EARTH THRU THE EXPERIENCE OF ONESELF WITH THAT OPENNESS THAT ONE WANTS TO DEVELOP AT ALL COSTS THAT WHAT IS NOW POTENTIAL.

~~P~~ I WILL LISTEN TO YOUR TAPES EVERY ONCE IN A WHILE, YOU KNOW. CURT AND LAILE AND GREG, THEY WILL HELP YOU. YOU COME TOGETHER, YOU TALK LIKE ORDINARY HUMAN BEINGS INTERESTED IN DEVELOPMENT, INTERESTED IN UNDERSTANDING ^{well} WHAT IS THE MEANING, HOW ^{you} TAKE LIFE. WHAT WILL YOU DO WITH IT, HOW WILL YOU DIE IN THE END? WHAT IS IT THAT IS REASONABLE ENOUGH TO EXPECT?

~~Q~~ KEEP YOUR EFFORTS CONSTANTLY, WHEN YOU DO, DO IT RIGHT, IF YOU CANNOT DO IT RIGHT, DON'T DO IT, WAIT UNTIL THE OPPORTUNITY, THEN COME ⁹ AND THEN WORK.

~~R~~ READ ALL AND EVERYTHING. IT IS YOUR BIBLE UNTIL YOU FIND YOURSELF IN ALL AND EVERYTHING, THAT ~~is~~ IS THE TIME WHEN YOU START TO REALIZE THAT YOU HAVE TO WORK ON YOURSELF.

SO, GOODNIGHT, EVERYBODY.

END TAPE

VCH 3-11-71

~~2nd May 8-8-71~~
~~2nd May 8-8-71~~

Trans. Victor H.
Rec'd. Abbott, Victor H.
1st transcr. 2-11-71